

BUREAU VALLEY COVID-19 SUMMER TRAINING WORKOUT PLAN

In order to protect our student-athletes and coaches, Bureau Valley CUSD #340 will implement the following plan that aligns with recommendations from the Illinois High School Association, Illinois Department of Public Health, and the Bureau County Health Department.

- * Student-athletes shall provide their own athletic clothing, tennis shoes (no cleats), masks, and water bottles (that are clearly marked with their names).
- * Maintain social distancing by 6 feet apart at all times.
- * Masks shall be worn when social distancing cannot be maintained.
- * Predetermined groups will be no larger than 10, which includes the coach/supervisor.
- * Once groups are determined, students may not switch from one group to another.
- * Interaction between training workout groups on the Bureau Valley campus should be avoided.
- * Contact between students will not be permitted, including high fives, fist bumps, etc.
- * Sessions can only include weightlifting, running, and exercises designed to promote or enhance physical fitness.
- * Sports-specific drills are not permitted, and sports-specific equipment may not be used.
- * Vigorous, diligent, and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH will be followed.
- * Coaches must maintain a daily health record by screening everyone who is participating, including coaches, supervisors, and students. These screenings will include the athlete's name, date and time, temperature, and any abnormal health symptoms they may present, especially temperature and respiratory symptoms.
 - * Participants, including coaches, should be monitored at the start of the training workout for temperatures $>100.4F/37C$ or symptoms of COVID-19 (fever, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
 - * If symptoms are present the participant shall not participate in the training workout and shall be referred to a physician for evaluation and testing.
- * Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. All safety measures in all form related exercise must be strictly enforced in the weight room to ensure a safe lifting environment.
- * All session times will be staggered to limit interaction among groups and allow time for any needed cleaning and disinfecting to be completed between workout sessions.
- * All student-athletes must be picked up at their scheduled time and location.
- * Absolutely no sharing of drinks. Use of water fountains or other drinking sources will be prohibited.
- * The use of the locker rooms will be strictly prohibited.
- * Spectators, including parents and siblings, will not be permitted at summer workouts.
- * Student-athletes and coaches will be required to use hand sanitizer before and after each workout.

Directions for Entering and Exiting School Grounds

In order to maintain proper social distancing, groups are expected to follow procedures when entering and exiting school grounds and designated workout areas. Students should use the main Bureau Valley school entrance (NW) to enter school grounds and report to the cones near the outdoor concession stand. Students should exit the workout area at the SE gate of the track and then use the student parking lot exit lane (NE) to leave school grounds immediately after workout.

** Plan is subject to change.*

BUREAU VALLEY COVID-19 SUMMER TRAINING CONSENT FORM

It is the responsibility of each coach and student athlete to comply with the guidelines in the Bureau Valley COVID-19 Summer Training Workout Plan. The purpose of this form is to obtain your consent for your student-athlete to participate in VOLUNTARY summer training workouts at Bureau Valley High School during the COVID-19 pandemic. By signing below, you understand and agree to follow all of the policies and recommendations in the workout plan and give consent to your student-athlete to participate at the training workouts at Bureau Valley High School.

***This form must be completed and returned before a student-athlete will be allowed to participate in voluntary summer workouts at BVHS.**

STUDENT'S NAME (PLEASE PRINT): _____

2020-21 YEAR IN SCHOOL: _____

EMERGENCY CONTACT NAME: _____

PHONE NUMBER OF EMERGENCY CONTACT: _____

PARENT/GUARDIAN NAME (PLEASE PRINT): _____

PARENT/GUARDIAN NAME (SIGNATURE): _____

DATE: _____